

## **Southwest Black Bean Dip** [15 Healthy Dips and Spreads \(healthline.com\)](#) [Retrieved 5.23.24]

This recipe makes 4 servings. Serve with baked tortilla or vegetable chips. This filling, flavorful dip comes together in minutes and is rich in protein and fiber. Black beans are also an excellent source of folate, a B vitamin that's necessary for red blood cell formation.

### **Ingredients:**

- 2 cups (520 grams) of black beans, drained and rinsed (about 1 can)
- 1 cup (250 grams) of corn, fresh or thawed
- 1 bell pepper, diced
- 2 cloves of garlic, minced
- 1/2 teaspoon of chili powder
- 1 teaspoon of lime juice

**Directions:** Add the black beans, corn, bell pepper, and garlic to a small bowl. Add chili powder and lime juice, then mix until coated.

**NUTRIENTS PER SERVING:** Calories: 153 Protein: 9 grams Carbs: 29 grams Fat: 1 gram